

PIONEER PRESS

A monthly newsletter created by the residents, for the residents of ESH.

18th Edition, May-June 2009

Who Am I To You
by Andrew Thomas Privott

Who am I to you
Who am I with you
Tell me baby, love me true
All I want is you
Who am I to you
Who am I with you

Look into your eyes
Take away all your pain
All I want is to hear your voice
Hear you call my name, always kiss her
Who am I to you
Who am I with you

Tell me baby, love me true
Keep me close, then pull me closer
All I want n need is you, say you love me
Kiss my lips, feel your touch
Caress my hair, kiss my face gentle
Never let me go

To wonder without you
Let me love and be with and about you
I love you throughout it all
The world will change
But my love for you will remain the same
We'll conquer fears in pain together
Love you no matter

How you are, you'll always be my love and wife or woman
The way you are, far best of all
Who am I to you
All I want is to live with you
Tell me baby, love me true
Look into my eyes, you know I'm true
Never wanna live without you
Hear my voice of passion
Love in laughter with you, feel my touch
Look into my eyes and know
They're all about you
From the heart, from the start, never ending
Always beginning with you, I love you
Who am I to you

She Takes Her Time With Me - **by Andrew Privott**



I look into the wind. I feel vibrant, out of thought, out of mind. She takes her time to get to me. I want to hear her lovely voice. So patiently, understandably, where is she, does she think of me? Does she feel my kindness at heart, know that I really want her as my companion, my truth of honesty?

I linger the thought of her, where can she be, oh where is she? I feel the wind, I search the sky. The stars tell no tale in the alignment. My heart is in confinement, no one else's. Waiting for you dear, playing solitaire of the thoughts of us, pleasant as always, she'll get back to me. She takes her time with me.



Ducklings

By Florence Blankenship

There is a family of ducks over at Hancock Geriatrics in one of the courtyards. There are six or seven waddling, fluffy, yellow babies trailing behind their mother. Everyone is thrilled to see them!!! A small kid's pool and cracked corn is being provided for them.





Shout- Outs

- I appreciate so much the care I've gotten from the excellent staff at TLC and a special thanks to Tracy Harris, Tess Dogbe and Brenda Dixon, the RNs there. ~ **Florence Blankenship**
- Shout Out goes to Cyndi McLane for volunteering to be a part of the Pioneer Press.
THANK YOU!
- To Therapeutic corner in the Clubhouse: Linwood and Debbie are great people. Keep it up!
- Judy and Bruce Harrell - greatest librarians in the world. Thanks for understanding and for your helping us.
- Melissa and Kathlin - so outgoing and cooking in class Mondays is awesome. Thanks!
- Too bad Good Guy Tommy Hipple had to back out of the 5K race last month. He would have gotten beat by ATP.

The 2nd Annual ESH Volunteer Fair and Recognition was held 4/24/09 to honor those individuals who volunteer their time to the hospital.

For the Meals on Wheels program, the following residents were acknowledged:

Andrew P., Cornell S., Kandace D., Tasha R., Florence B., John M., Keith B., Donald M., Willie T., Carolyn S., Thomas B., Robert P.

For his volunteer efforts in the workshop, Cornell S., was honored.

For their participation in the Focus On Recovery meetings:

Stanley P., James H., John M., Andre T., Shawn C., Cornell S., Andrew P.

For volunteering in the library: Rhonda D., Cornell S., Kandace D.

Music volunteers were Ramona H., and Greg T.

SPCA volunteers Stanley P., and Cynthia S.

Non-resident volunteers Bryan S. and Carleton H. were honored.

Thank you to all of the ESH Volunteers. We are fortunate to have you!

Many thanks to Kathy Swindells for her kindness to me and for feeding the birds during her busy schedule. She is terrific to do that - particularly when she is so busy with at least two jobs - workshop and housekeeping. Her dedication to her work and feeding the birds can't be beat by anybody.

~ **Florence Blankenship**

Nutrition Facts
By Florence Blankenship

Water

Water is one of the most essential components of the human body. Water regulates the body's temperature, cushions and protects vital organs, and aids the digestive system. Water not only composes 75% of all muscle tissue and about 10% of fatty tissue, it also acts within each cell to transport nutrients and dispel waste. It is important to drink even before signs of thirst appear, and to drink throughout the day. You need six 8-ounce glasses of water a day.



IT AIN'T NO FUN, IF I DON'T GET NONE, EASTERN STATE HOSPITAL READERS!
BY SHAWN A. CLAITT

The food convention was so nice we had to do it twice! Ladies and gentlemen and people of all ages, the food at the world famous Virginia Beach Pavilion was the bomb! It was a smaller event this time as far as the vendor's displaying their products. But it was just as much fun. But the highlight of the day was our two hosts, Ms. Corliss from our to-die-for canteen, and hands that must have been heaven sent, why she cuts hair so well, Ms. Sadie from our ESH Barber Shop. I did not know those two ladies could be so fun. And if you doubt my word, as Mr. John Midgette and resident Cornell Smith. But once again, the event was fabulous.

Shout out again to Ms. Sadie and Ms. Corliss for having us and to Eastern State Readers.

Peace, love and always do it easy.

Your Guy,
Shawn A. Claitt





THE NAMI RUN 5K RACE TURN OUT by Andrew Privott

Andrew Thomas Privott made his comeback, hasn't run a race since 98. Well, with a little preparation, working out and being sponsored by Judy and Bruce Harrell, Linwood, Heather Sutton, Donna Hetchbeck, and Shawnette, Andrew Privott, the GED instructor, thanks and also Larry L. thanks for loaning the Reebok running shoes for the race. Let me tell ya, I got a good nights sleep. I woke up 6AM, ate cereal, took meds before I got a shower, then suited up for the race, watched some videos, then left when Judy came and got us.

When I was ready, the mile walk was at 8AM. I was able to drink Gatorade and stretch by doing the splits and knee highs. Then took a few pictures with the group, Melissa, Laura, Lane and the rest of ESH staff and patients that came to take pictures.

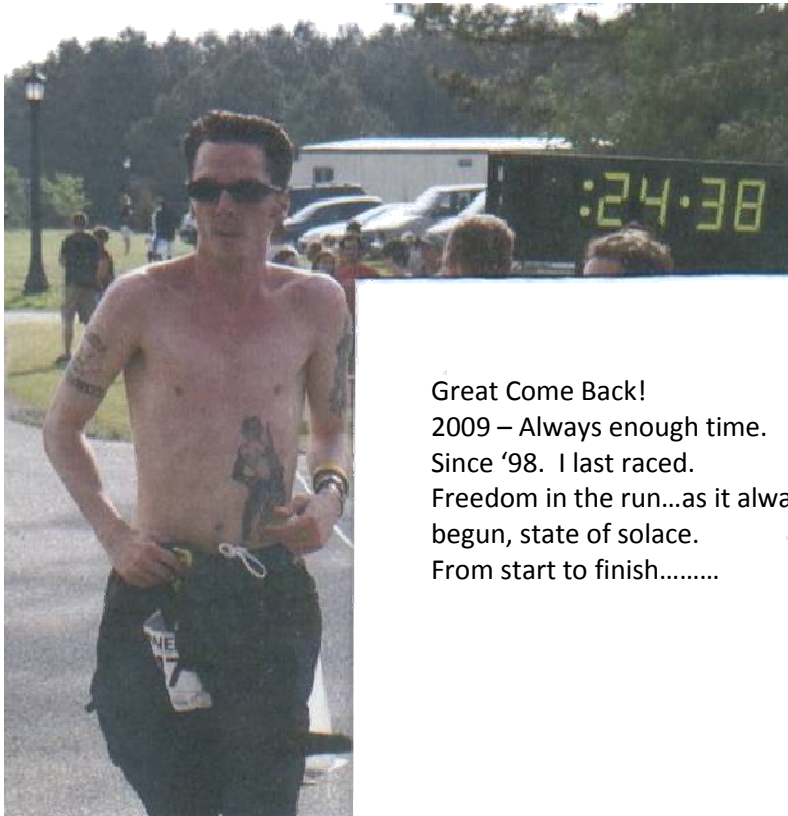
So they announce 5 minutes till race time, the last stretches, last sip of Gatorade. So I walked up to find a position to start through the 171 runners. I got up close to the front left and waited for the start. They said GO, I went and all of a sudden I had the lead for the first mile and when I came to the hill going to the old HGTC, that's when my legs wanted to give problems, so I didn't quit. I let 48 catch up and kept going feeling the run, the determination, the will, the self internal drive to push it to all positive possibilities. I got to break free from life's problems being locked up in a hospital at ESH, got to reminisce the past runs I did, through out my track career during the race, telling myself, you can finish this, one last time.

So around the last mile I ran beside a woman and then the last ½ mile towards the end, then pushed it to the finish passing a few towards the finish line. Andrew Thomas Privott's comeback came to a finish. Out of 171 finishers, I placed 49th. My time was 24 minutes, 38 seconds at the NAMI 5K race.

To sum it up, it was a living experience. I went from going to Regional's in cross country and winning times at Indian River High School till I became bipolar at 17 when a close girl friend of mine died in a car crash. So being in the hospital for bipolar, leaving high school my senior year 99 because of the meds for bipolar. I fell into further drug abuse at 19 and started going to jail. At 24 started going to prison in Lawrenceville in Virginia and Dublin County in North Carolina prison. So for eleven years, trials and tribulations, failures to accomplishments to failures and self perseverance, learning your meds, your substance abuse, your bipolar disease, your errors in life, turning negatives into positives, surrounding my self with positive people and to taking into my life self determination, willpower, self internal drive, to rise to better views/heights and in a realistic perspective state of mind physically, mentally in shape and spiritually to keep on keeping on for a better life. So I, Andrew Thomas Privott say 24 minutes and 38 seconds isn't bad for a man turning 29 August 15th, who hasn't run since the summer of

98 in a race for IRHS, being diagnosed bipolar at 17 same year, give up school in 99 because of illness and friends death. 12 years of substance abuse, tons of medication adjustments, 5 hospitalizations, 2 prison stays, Lawrenceville and Dublin County, NC, and Virginia Beach Psych and Sentara Hospital and hospitalization then NGRI to Central then Eastern State Hospital. You can just call me Mr. Brightside. I'm back in life and to overcome this stigma of mental illness and to live for positive life in mental health for me as a Peer Support Specialist, Pioneer Press Writer and an Eastern State Consumer. To live because it was always within me to live healthy, educationally, motivationally, ambitiously, respectfully, lovingly and understandably. To dream and go beyond the dream in life with medication and help from Psychiatrists and doctors for bipolar in my life.

So thanks again for the support and the staff that helped at the 5K race on Saturday, May 2, 2009 and for the race taking place at Eastern State Hospital so we could participate in the 5K/NMAI walk. So thank you ESH for the beautiful Saturday.



Great Come Back!
2009 – Always enough time.
Since '98. I last raced.
Freedom in the run...as it always
begun, state of solace.
From start to finish.....

SPORTS HIGHLIGHTS
By John Midgette, Sports Editor



NFL Updates



A Dallas Cowboys Scouting Assistant, Rich Behm, is permanently paralyzed from the waist down after his spine was severed during the collapse of the team's tent-like structure during a severe storm. Behm, 33, was in stable condition after surgery for a fracture to his thoracic spine. Joe DeCamillis, 43, the team's new Special Teams Coach, sustained a fracture of one of his cervical vertebrae without paralysis. He was in stable condition. Assistant Athletic Trainer Greg Gaither, 35 had surgery to repair a fracture to the tibia and fibula in his right leg.



Draft Picks Cincinnati Bengals

First Round - OT Andre Smith, Alabama #6 pick, one of the most talented offensive lineman in the draft.

Second Round - MLB Rey Mauluga, USC, a tremendous talent and big hitting intimidator.

Sixth Round - RB Bernard Scott, Abilene Christian, a huge character risk. When he plays, he is very productive but his past history of getting in trouble may cause the Bengals some heartache. He has had 5 arrests and played football for 4 different colleges. Good luck!

If you'd like your team's draft picks in the Pioneer Press, just send me the information you'd like me to put in. Get your name in the paper!

NBA PlayOffs Round 1

EASTERN CONFERENCE FIRST ROUND

No. 1 Cleveland vs. No. 8 Detroit

Game 1: Cavaliers 102, Pistons 84

Game 2: Cavaliers 94, Pistons 82

Game 3: Cavaliers 79, Pistons 68

Game 4: Cavaliers 99, Pistons 78

• Cleveland wins series 4-0

No. 2 Boston vs. No. 7 Chicago

Game 1: Bulls 105, Celtics 103 (OT)

Game 2: Celtics 118, Bulls 115

Game 3: Celtics 107, Bulls 86

Game 4: Bulls 121, Celtics 118 (2OT)

Game 5: Celtics 106, Bulls 104 (OT)

Game 6: Bulls 128, Celtics 127 (3OT)

Game 7: Celtics 109, Bulls 99

• Boston wins series, 4-3

No. 3 Orlando vs. No. 6 Philadelphia

Game 1: 76ers 100, Magic 98

Game 2: Magic 96, 76ers 87

Game 3: 76ers 96, Magic 94

Game 4: Magic 84, 76ers 81

Game 5: Magic 91, 76ers 78

Game 6: Magic 114, 76ers 89

• Orlando wins series 4-2

No. 4 Atlanta vs. No. 5 Miami

Game 1: Hawks 90, Heat 64

Game 2: Heat 108, Hawks 93

Game 3: Heat 107, Hawks 78

Game 4: Hawks 81, Heat 71

Game 5: Hawks 106, Heat 91

Game 6: Heat 98, Hawks 72

Game 7: Hawks 91, Heat 78

• Atlanta wins series 4-3

WESTERN CONFERENCE FIRST ROUND

No. 1 L.A. Lakers vs. No. 8 Utah

Game 1: Lakers 113, Jazz 100

Game 2: Lakers 119, Jazz 109

Game 3: Jazz 88, Lakers 86

Game 4: Lakers 108, Jazz 94

Game 5: Lakers 107, Jazz 96

• Los Angeles wins series 4-1

No. 2 Denver vs. No. 7 New Orleans

Game 1: Nuggets 113, Hornets 84

Game 2: Nuggets 108, Hornets 93

Game 3: Hornets 95, Nuggets 93

Game 4: Nuggets 121, Hornets 63

Game 5: Nuggets 107, Hornets 86

• Denver wins series 4-1

No. 3 San Antonio vs. No. 6 Dallas

Game 1: Mavericks 105, Spurs 97

Game 2: Spurs 105, Mavericks 84

Game 3: Mavericks 88, Spurs 67

Game 4: Mavericks 99, Spurs 90

Game 5: Mavericks 106, Spurs 93

• Dallas wins series 4-1

No. 4 Portland vs. No. 5 Houston

Game 1: Rockets 108, Trail Blazers 81

Game 2: Trail Blazers 107, Rockets 103

Game 3: Rockets 86, Trail Blazers 83

Game 4: Rockets 89, Trail Blazers 88

Game 5: Trail Blazers 88, Rockets 77

Game 6: Rockets 92, Blazers 76

• Houston wins series 4-2

COME TO THE CONNECTIONS SUPPORT GROUP

St. Stephen Lutheran Church
612 Jamestown Road
Williamsburg, VA 23185

THE FIRST AND SECOND TUESDAYS OF THE MONTH FROM 6-8pm

FREE FOOD!

THERE IS ALSO A FAMILY-TO-FAMILY CLASS! HAVE YOUR FAMILY COME TOO!

NAMI WILL PROVIDE TRANSPORTATION IF NEEDED!

WITH ENOUGH INTERESTED RESIDENTS, WE'D LIKE TO MAKE THIS AN
EVENING ACTIVITY EVERY 1ST AND 2ND TUESDAY OF THE MONTH!



NAMI Connection Recovery Support Group

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding.

http://www.nami.org/template.cfm?section=nami_connection

Steve Uzelac
757-220-8535
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NAMI Williamsburg Area

one mile



fun walk/run!

**Residents
&
Staff**

Thursdays @ 3 pm

Meet in the Davis Bldg. Lobby

***Get healthy and meet us each Thursday for a one mile
walk/run around campus!***

(weather permitting)